

City of Yonkers

Department of Parks, Recreation & Conservation
285 Nepperhan Avenue | Yonkers, NY 10701



FALL 2022

Community Recreation

yonkersny.gov
register.communitypass.net/yonkers







MISSION STATEMENT

The Department of Parks, Recreation and Conservation operates and maintains, in partnership with the residents and visitors, a recreational system which enriches the quality of life for the present and future generations in a safe, enjoyable and affordable environment.

GUIDING PRINCIPLES

- Commits to serving and providing recreational opportunities to the best of our ability with respect and courtesy
- Encourages team work and mutual support with our employees and volunteers
- Provides stewardship of the City's Park Facilities



Mayor Mike Spano

CITY OF YONKERS

YonkersNY.gov

Dear Resident:

Fall is a wonderful time of year to explore all that Yonkers and our Parks Department have to offer. As the air cools and turns crisp, we turn our attention to the vibrant season ahead. There is truly no better place to take in the foliage and sights of autumn than the Yonkers Waterfront. Take a walk along the downtown esplanade or launch your kayak from JFK Marina to view the colorful leaves of the majestic Palisades up close.

This year, our Parks Department invested in the renovation of several of our neighborhood parks including the addition of new fitness centers at Columbus and Coyne Parks and the city's second soccer mini pitch at Pelton Park. The Bernice Spreckman Community Center has been upgraded, Grant Park became home to Yonkers' first Sensory Garden and Henning Park now features a refreshed nature walking trail.

Whether you're having a picnic, attending a ball game, or stopping by for a quick visit with family and friends at one of our 76 City Parks & Playgrounds, the possibilities in the City of Yonkers are endless. However, remember that each one of us has a responsibility to keep our city clean. Our "Leave No Trace" initiative is still in place. Residents should take out what they bring in, including garbage and recyclables.

If you ever have a question or concern, please don't hesitate to call my 24-hour helpline at 914-377-HELP (4357) or email me at mayor@yonkersny.gov. If you're on Twitter, Snapchat, Instagram, or Facebook, join us in hashtagging all your fall photos with #FallinYonkers.

Sincerely,

A handwritten signature in black ink that reads "Mike Spano".

MIKE SPANO
Mayor



[cityofyonkers](#)



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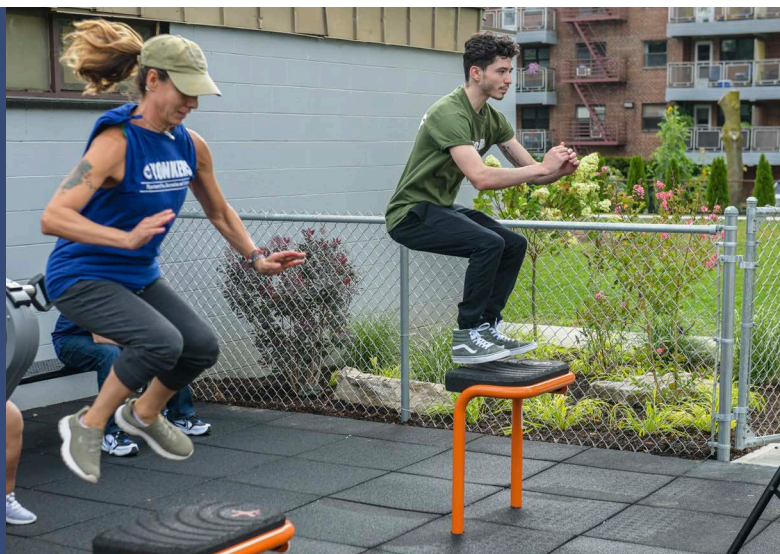


SOCCER MINI PITCHES

Have a ball! Yonkers now is home to two soccer mini pitches at Pelton and Stefanik Parks.

GET FIT

Be sure to visit the City's many outdoor fitness centers at Columbus, Coyne, Dunn, Stefanik, Singlak-Keehan, O'Boyle and Barton Parks.



NEW SENSORY GARDEN

Heighten your senses and visit the City's first-ever Sensory Garden at Grant Park. Touch, smell, hear, feel and see the beauty of nature.



Be Part of **YONKERS** THIS FALL



CITY COUNCIL

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 Corazon Pineda-Isaac, 2nd District
 Tasha Diaz, 3rd District
 John Rubbo, 4th District
 Mike Breen, 5th District
 Anthony Merante, 6th District

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Rocco DeRose	Katie Trojanowski
Kyla Parker	Andrea Velazquez

YONKERS YOUTH BUREAU

Jennifer Villa - Director of Youth Services

E.J. MURRAY MEMORIAL SKATING CENTER

Eileen Sullivan - Rink Manager
 Norbert Chrosrowski - Asst. Rink Manager

YONKERS ANIMAL SHELTER

Almira Simpson
 Animal Control Officer
 Lauren Talia
 Deputy Animal Control Officer

COYNE PARK RIFLE RANGE

Christopher Rotolo
 Range Officer

General Information

City of Yonkers Department of Parks, Recreation and Conservation
 285 Nepperhan Avenue, Yonkers NY 10701

Monday - Friday 8:30 am to 4:30 pm, 914-377-6450

REGISTRATION: Registration is on a first-come, first-served basis until programs are full. **MAIL-IN REGISTRATION IS NOT ACCEPTED.**

PAYMENT OPTIONS: We only accept a Cashier's Check, Money Order, Visa, MasterCard, and Discover Card. No cash is accepted.

ONLINE REGISTRATION: The best way to maximize your chance of securing a spot in any program is to register online as soon as registration begins. You can make a online payments using Visa, MasterCard or Discover Card.

COVID 19 RESTRICTIONS: All current CDC guidelines must be followed. Masks/ face coverings are recommended indoors for all programs until further notice.

AGE REQUIREMENTS: Age is determined as of the date of the first class unless otherwise specified. An adult class is for ages 18 years and older.

ABSENCES: Classes are not made up due to a participant's personal absence. Classes canceled due to inclement weather will be rescheduled. We reserve the right to reschedule classes on an as-needed basis.

REFUND POLICY: Full refunds will be issued for any program canceled by the Department of Parks, Recreation and Conservation (Parks Department). Full refunds will be issued for a medical reason before a program begins when accompanied by a doctor's note. After a program begins, a pro-rated refund will be issued based on the number of sessions attended, when accompanied by a doctor's note. The Parks Department will grant a refund request if received at least ten (10) business days before the program's first session. Ten dollars (\$10) or ten percent (10%) of the fee, whichever is higher, will be charged for processing refunds that are approved. Please allow several weeks for processing refunds. Bounced checks and credit card charge cancellations will carry a \$35 processing fee.

INCLEMENT WEATHER: The best way to receive quick and accurate information about program cancellations is to call the Parks Department Hotline at 377-6454 or listen to WFAS. Please make sure we have your most updated email address in your Community Pass registration account to receive programming updates and cancellation notices.

SINCERE APPRECIATION: We would like to thank the Yonkers Public Schools for the use of their facilities and appreciate the efforts of their staff.

SPECIALISTS NEEDED: If you have a special skill and would like to teach a class for the Parks Department, please call 377-6436.

PROGRAM BEHAVIOR: Participants are expected to exhibit appropriate behavior at all times. The following rules make programs safe and enjoyable for everyone. Participants shall show respect to all participants and staff. Refrain from using foul language. Refrain from causing bodily harm to other participants and staff. Show respect for equipment, supplies and facilities. The City of Yonkers reserves the right to remove anyone from our programs.



PROGRAMS AT A GLANCE

Registration Details	8
Permit Division	9
Recreational Events	10
Community Events.....	11

PRE-K RECREATION

For information call 377-6435

Little Learners	12
Pre-Ballet For Pre-K.....	13

YOUTH/TEEN RECREATION

For information call 377-6435

Hip-Hop I for Beginners.....	14
Hip-Hop II for Intermediate/Advance.....	14
Tap	14
Theatre for Kids and Pre-teens.....	14
Kids Sketch & Paint FUN-demementals..	15
Chess	15
American Safety & Health Institute	
Certified Baby-Sitting Training.....	15
Voice for Beginners	16
Voice for Intermediates & Teens.....	16
Acoustic Guitar	16
Intermediate/Advanced	
Youth & Teen Guitar.....	16
Teen Theatre	17
Theatre for Kids.....	17
Karate	17
Tennis for Kids & Teens.....	18
Outdoor Tennis	18
Ballet & Tap	19
Jazz/Lyrical Dance.....	19
Tap & Jazz	19
Ballet, Level 1	19
Basketball Skills and Drills.....	20
Little Cooks	20
Creative Writing.....	21
Robotics	21
Teen Recreation Centers.....	22

ADULT RECREATION

For information call 377-6439

Adult Open Gym Basketball.....	22
Art Sketch and Paint	23
Acoustic Guitar	23
Vinyasa Yoga Flow Open Level.....	23
Yin and Restorative Yoga	23
SHINE Dance Fitness™.....	24
SlimFit with a touch of Zumba®.....	24
Dance Exercise	
with a touch of Zumba® Fitness.....	24
HydroRevolution® Total Body Workout ..	25
Tennis Outdoor/Indoor	25

AQUATICS

For information call 377-6439

Swim Placement Requirements.....	26
Placement & Registration Dates	26
Starbabies™.....	27
Startots™.....	27
Starfish Swim School®	
for Preschoolers (Ages 3 & 4)	27
Starfish Stroke School®	28
Starfish Swim Clinic™.....	28
Starfish Swim/Stroke School®	
For Teens (Ages 13-17).....	28
Evening Lap Swim	29
Deep H2O Aqua Fit	29
Low Impact Aqua Fit.....	29
Golden Years Aqua Fit	29
AQUA JAM	29
Starfish Swim School® For Adults 18+ ..	29
Yonkers Master Swim Club 18+.....	30
Recreation Open Swim	30
STARGUARD™ Lifeguard Training 16+ ..	30
Condors Swim Club in Yonkers.....	30

E.J. MURRAY MEMORIAL SKATING CENTER

For information call 377-6469

Public Skating Admissions.....	31
Public Skating Sessions.....	31
Tot "Trial" Evaluation Class	31
Tot Class.....	31
Skate 1 and Skate 2 Class Adults	31
Alpha and Beta Classes.....	32
Gamma, Delta	
Freestyle 1-9 Classes	32
Junior Rangers	
Try Hockey for Free (Ages 5-9)	32
Adult Open Hockey.....	32
Stick Time	32
JUNIOR RANGERS Rookie Series	33

PROJECT FRIENDSHIP

For information call 377-6438

Art Therapy	34
Bowling.....	34
Delightful Dining	34
Hero Tennis	34
Music Therapy.....	34
Special Olympics	34
Storytelling.....	34
Theatre Workshop	34
Young Adult Club	34
Zumba.....	34

SENIOR CITIZEN RECREATION

For information call 377-6442

Center Locations	35
Bingo	36
Health & Wellness Classes.....	37
Arts & Crafts	38
Fun with Words	38
Art & Sketching.....	38
Sketching	38
Line Dancing	39
Senior Golf Tournament.....	40
Senior Halloween Hop	40

COYNE PARK RIFLE & PISTOL RANGE

For information call 377-6488

General information.....	41
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ANIMAL SHELTER

For information call 377-6730

General information.....	42
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YONKERS YOUTH BUREAU

For information call 377-6443

General information.....	43
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**The Parks Department is now offering a limited number of scholarships
for our Camps, Skating, and Aquatics Programs.
For more information, please visit www.yonkersny.gov/parks or call 377-6436.**



REGISTER ONLINE • register.communitypass.net/yonkers

ONLINE REGISTRATION BEGINS

- Pre-K Recreation
- Youth Recreation
- Teen Recreation
- Adult Recreation

**Thursday
September 12
at 8:00 pm**

AQUATICS: Tuesday, September 10 at 8:00 pm

Swim Placement (Water Testing): Friday, September 16, 6:00 - 8:00 pm
Mark Twain Pool, 160 Woodlawn Avenue

- If your child has not participated in our program, you must bring them to Swim Placement for correct assessment for our swim classes, unless you know they are White / Red (Beginner) in Starfish Swim School, StarBabies, StarTot, and Swim School for Preschool, Teens and Adult swim classes
- Registration is open for all programs at E.J. Murray Memorial Skating Center
- Project Friendship: to register call 377-6438 for an appointment
- Registration is not required to attend the Teen and Adult Recreation Centers, free admission for Yonkers residents, but I.D. is required - student school I.D. is accepted.

Register Online at

<https://register.communitypass.net/yonkers>

Community Pass Registration Service

Register yourself or your entire family for recreation programs around the clock.

Requirements

You must pay with a Visa, MasterCard or a Discover Card, and need a valid e-mail address.

Setting Up An Account

Go to <https://register.communitypass.net/yonkers> Click on: "Create an Account" at bottom of screen and complete the account form. Make note of your user name and password.

To Add More Family Members

Click on "View Account" under useful links. Then click either "Add Child" or "Add Adult." After you have added your family members, click "Home."

On Registration Day

- STEP 1.** Go to <https://register.communitypass.net/yonkers> Log in using your username and password. Click on "Register Now." Select a Season or Activity.
- STEP 2.** On the next page update any information for the primary contact and/or click "Continue."
- STEP 3.** On the next page select the "Group" at left. You can view full information about a program by clicking on the name of the program or register immediately by clicking on the "Add to Cart" button.
- STEP 4.** On the "Select Participant" page, click the box next to the person/persons you are registering, and then click "Continue."
- STEP 5.** On the "Registration Forms" page, enter the required information and then click "Continue."
- STEP 6.** If finished, click on the "Continue to Checkout" button and follow the remaining instructions to complete and pay for your registration. If you are not finished, click on "Continue Registering." Confirmation will be sent via e-mail receipt.

How to Avoid Cancellations

Please register in advance to avoid program cancellations. Certain numbers must be achieved in order for a program to move forward. Every effort will be made to avoid canceling a program, however, if this does occur, an announcement will be made in advance of the first meeting date.



Permit Division

The Permit Division is responsible for issuing permits for a wide variety of recreational activities. All permits can be obtained by visiting www.yonkersny.gov/parks. Click on "Forms & Permits" on the left hand side of the screen.

INDOOR PERMITS are required for all Board of Education Facilities and our Community Centers. Board of Education and Indoor Permit applications are available August 1 and due September 30. For additional information please call 377-6440.

OUTDOOR PERMITS are required for activities or events held at all parks facilities. Permits are required for all tournaments, the turf fields at Fleming and Pelton Fields and the picnic facilities at Redmond Park and the JFK Marina. **NOTE:** The Redmond Pavillion will be unavailable for the beginning of the 2023 picnic season. Spring and Summer outdoor field applications are available on March 1. Spring permit applications are due April 1. Summer permit applications are due on June 1. Fall outdoor applications are available August 1 and due September 1. For additional information please call 377-6440.

MOBILE CONCESSIONS PERMITS are required and obtained through the Parks Department. For additional information on Mobile Concession Permits please call 377-6438.

LIBRARY SPECIAL EVENT APPLICATIONS are available year-round. For additional information please call 375-7947.

SPECIAL EVENTS PERMIT APPLICATIONS are required for events held within the City of Yonkers. This includes any event that will preempt normal use of city space by the general public. For additional information please call 377-6427.

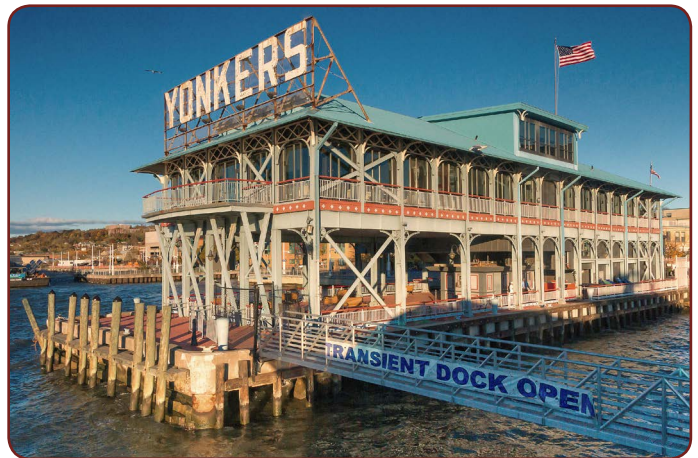
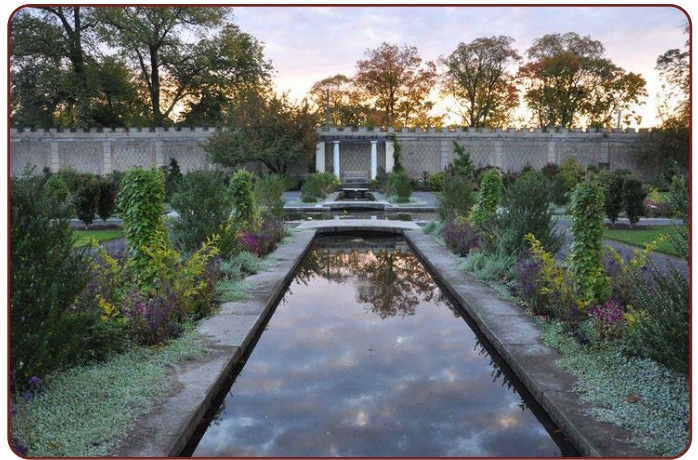
WEDDING CEREMONY/PHOTOS A permit is required to take photographs and videos inside beautiful and historic Untermyer Park, located at 945 North Broadway (see photo, top right). Applications are available March to November. For additional information please call 377-6427.

COMMERCIAL VIDEO & PHOTO PERMITS are required for any filming in Yonkers. For additional information please call 377-6059.

JFK MARINA - ANNUAL AND DAILY PERMITS Daily and annual permits are available at the marina.

Season begins March 2023 till October 2023

The JFK Marina is located off Warburton Avenue on John F. Kennedy Memorial Drive. Boat launching is available by permit from dawn to dusk, seven days a week for an Annual Resident/ Non-Resident Fee of \$50/\$100 for Canoe or Kayak, \$150/\$300 for Jet Ski, and \$200/\$400 for Motorized Boats and Watercrafts. Day passes are also available on location for Residents/Non-Residents as follow: \$10/\$20 for Canoe or Kayak, \$20/\$40 for Jet Ski, \$30/\$60 for Motorized Boat or Watercrafts. Parking Fees: Friday – Sunday and holidays. Resident: \$5, Non-Resident: \$10. For additional information call 377-6427.



SPECIAL RECREATION EVENTS

Fall Track

Fall track is a cross country style of running
Runners (ages 4-14) compete to complete a course over open terrain
Saturdays • October 1, 5, 15, 22 with 29th as possible make up date
Site: Tibbetts Brook Park, 355 Midland Avenue
For more information please call 377-6438



SAVE THE DATE

SUNDAY, SEPTEMBER 17, 2023

For more information on any of the above events, please call 377-6450.



Mayor Mike Spano
Announces the
City of Yonkers



Annual Foul Shooting Contest

Sponsored by the

Department of Parks, Recreation and Conservation

Tuesday
November 15, 2022

Yonkers Middle/High School
150 Rockland Avenue
Yonkers, New York

8 & 9 Year Olds – 6:00 PM
10 & 11 Year Olds – 7:00 PM
12 & 13 Year Olds – 7:45 PM



*Ages determined as of
November 1, 2022*

*Contestants Must be
a Yonkers Resident*

**Deadline for registration is
Thursday, November 10, 2022**

For more information call 914-377-6444

Mail or Bring the Registration Form to:

Yonkers Department of Parks, Recreation and Conservation

285 Nepperhan Avenue • Yonkers, New York 10701-3495

Attention: Foul Shooting Contest | You may also fax to 914.377.6428 | Email: marian.marji@yonkersny.gov

2022 Foul Shooting Contest

Please Print Neatly

Contestant's Name _____

Address _____

Day Phone _____ Evening Phone _____

Email _____

School _____ Grade _____

☐ Male ☐ Female Age _____ Date of Birth _____

PRE-K RECREATION

Little Learners Morning Pre-K 2022-2023

Youngsters 3 and 4 years of age are introduced to a variety of recreational and educational learning experiences through activities such as arts and crafts, music, drawing, and story-telling. Activities are designed to develop and enhance the basic principles of sharing, communication, social interaction, and cooperation with peers and adult staff. Children learn about shapes, colors, numbers, letters, good manners, days of the week, seasons of the year, our weather, etc.

Requirements: Children must be toilet trained (no diapers or pull-ups) and be three years old by December 31. Parents are required to present a birth certificate and an immunization form on their child's first day.

MORNING PROGRAMS

Ages: 3 - 4 years

Dates: Week of September 28 through mid June

Time: 9:00 - 11:30 am

Fee: 5 MORNINGS: \$1950, Non-residents \$2210

3 MORNINGS: \$1175, Non-residents \$1335

4 CONVENIENT SITES

Bronx River Road Community Center

680 Bronx River Road | **Teacher: Sheila Bannon**
Monday – Friday - starting September 28

Cola Community Center

945 North Broadway | **Teacher: Annmarie Gremin**
Monday, Tuesday, Wednesday - starting September 28

Bernice Spreckman Community Center

777 McLean Avenue | **Teacher: Maureen Mastrocola**
Monday – Friday - starting September 28

Will Library

1500 Central Park Avenue | **Teacher: Sandy Rock**
Monday – Friday - starting September 28

Registration

Registration is currently underway for this popular program.

Create a family account and register 24 hours a day at register.communitypass.net/yonkers.

You can also register in person at the Parks Department Building located at 285 Nepperhan Avenue.

For more information, please call 377-6435.

See registration details on page 8



PRE-K RECREATION

Pre-Ballet for Pre-K

Instructor: Elisa Bonneau

An introduction to basic ballet technique while enjoying dance exercises in a cheerful atmosphere. Children learn to move across the floor, line up, share, take turns, and express themselves through movement games.

Maximum 10 students per class. **Requirements:**

Footwear: Ballet shoes with either leather soles or soles with a leather strip/patch. Attire: Dancewear/form-fitting clothes. Wear leotards and tights only.

No ballet skirts or costumes. Children should not wear rings, bracelets or necklaces.

Dates: Wednesday classes start on September 21
Friday classes start on September 23
Saturday classes start on September 24

Fee: \$85 for 10 classes, Non-residents: \$110

WEDNESDAYS

Yonkers Montessori Academy

160 Woodlawn Avenue

Ages 3 – 4.5 years | 4:00 - 4:45 pm

Ages 4.5 – 5 years | 4:50 - 5:35 pm

FRIDAYS

Yonkers Montessori Academy

160 Woodlawn Avenue

Ages 3 – 4.5 years | 4:00 - 4:45 pm

Ages 4.5 – 5 years | 4:50 - 5:35 pm

SATURDAYS

Roosevelt High School

631 Tuckahoe Road

Ages 3 – 4.5 years | 10:00 - 10:45 am



See registration details on page 8



YOUTH/TEEN RECREATION

Hip-Hop I for Beginners

Instructor: Elisha Ivory

Learn the latest moves in an energetic, upbeat, but disciplined environment! No experience welcome! Loose clothing and sneakers are required.

Ages: 5-9 years

Dates: Wednesdays, starting September 21

Time: 5:00 - 6:00 pm

Location: Lincoln High School, Room 261
375 Kneeland Avenue, main entrance

Fee: \$85 for 10 classes, Non-residents \$110

Hip-Hop II for Intermediate/Advanced Dancers

Instructor: Elisha Ivory

Learn the latest moves in an energetic, upbeat, but disciplined environment! Some experience welcome, but not necessary! Loose clothing and sneakers are required.

Ages: 14-18 years – 6:00 - 7:00 pm
10-14 years – 4:00 - 5:00 pm

Dates: Wednesdays, starting September 21

Location: Lincoln High School, Room 261
375 Kneeland Avenue, main entrance

Fee: \$85 for 10 classes, Non-residents \$110

Tap

Instructor: Elisa Bonneau

Beginners learn the fundamentals of tap dancing. Style of Tap will be combination of Broadway and Rhythm tap styles. Attire: Comfortable clothing and tap shoes. No jeans, no jewelry, and please have hair ties or pinned back.

Ages: 8-12 years

Dates: Saturdays, starting September 24

Time: 12:00 - 1:00 pm

Location: Roosevelt High School
631 Tuckahoe Road

Fee: \$85 for 10 classes, Non-residents \$110

Theatre for Kids and Pre-teens

Instructor: Mary Ann Penzero

Participants will engage in Theatre games, improvisation, and scene work from stage and screen. Our performers will develop monologues and scenes based on their own experiences. Stage craft elements including the use of props, costumes, lighting and directing will be introduced. Participants will learn self-expression and performing in a structured environment.

Dates: Thursdays, starting September 22

Ages: 8 -14

Time: 4:30 – 5:30 pm

Fee: \$85 for 10 classes, Non-Residents: \$110

Location: Cola Community Center
945 North Broadway



YOUTH/TEEN RECREATION

Kids Sketch and Paint FUN-dementals 101

Instructor: Diana Capasso

This class offers broad based beginner techniques where Children learn the FUN-dementals of how to create their own unique works of art by using multiple sketch techniques along with watercolor wax transfer and acrylic painting methods. **Supply fee:** \$25 cash fee due to instructor at first class.

Ages: 9-14 years

Dates: Thursdays, starting January 19

Time: 4:30 – 6:00 pm

Location: Cola Community Center
945 North Broadway

Fee: \$85 for 10 classes, Non-residents: \$110

Chess

Instructor: Victor Mairena

Students become familiar with the board, pieces, notation, how the pieces move, opening & defense at all levels. Chess teaches children strategies and how to live by them.

Ages: 5 -12 years

Dates: Saturdays, starting September 24

Time: Beginner 9:00 - 10:00 am

Intermediate 10:00 - 11:00 am

Advanced..... 11:00 am -12:00 pm

Location: Roosevelt H.S. • 631 Tuckahoe Road

Fee: \$85 for 10 classes, Non-residents: \$110

American Safety & Health Institute Certified Baby-Sitting Training

Instructor: Tabitha Alston

We recognize the importance of being trained to supervise children. Skills such as handling emergencies, giving basic first aid and caring for children will be discussed. A Course Completion Card is issued to those who pass the course. All students receive a Baby-Sitter's Handbook. A bagged lunch is permitted.

Requirements: Students must be 11-15 years of age at time of registration and **MUST pre-register** for this course according to the schedule below. Each student must bring a baby doll. **PARENTS:** Please arrive at 8:45 am so the class can start on time.

Ages: 11 - 15 years

Dates: Oct. 15, Must register by Oct. 10
Nov. 12, Must register by Nov. 7
Dec. 10, Must register by Dec. 5

Times: 9:00 am - 4:30 pm

Fee: \$47 for everyone

Supply Fee: \$15 for supplies noted above.
(cash only, to instructor at class)

Location: Nodine Hill Community Center
140 Fillmore Street
Inside Fleming Field parking lot



YOUTH/TEEN RECREATION

Voice for Beginners

Instructor: Wendy Mitchell

Enjoy learning the basics of vocal technique and performance. Students receive a solid foundation of producing their own healthy sound and hints about how to confidently share their gifts with others.* Maximum 15 students. **Supply fee:** \$5 cash supply fee due at first class.

Ages: 8 - 12 years

Dates: Saturdays, starting on September 24

Times: 10:00 - 10:55 am

Fee: \$85 for 10 classes

Non-residents: \$110

Location: Roosevelt High School
631 Tuckahoe Road



Voice for Intermediates & Teens

Instructor: Wendy Mitchell

For students who have taken the Voice for Beginners Class or have other singing experience plus Teens with or without experience.* **Supply fee:** \$5 cash supply fee due at first class.

Ages: 8 - 17 years

Dates: Saturdays, starting on September 24

Times: 11:00 - 11:55 am

Fee: \$85 for 10 classes, Non-residents: \$110

Location: Roosevelt High School
631 Tuckahoe Road

** Last class date includes a recital for family and friends and performance at a local nursing home.*

Acoustic Guitar

Instructor: Rob Hall

Beginners Learn the basics from chords and simple strumming to melodies and reading music. Maximum 10 students. Extra cash fee at second class for instruction book. Beginners Plus is for students who have taken this class or have other experience and have begun to learn how to read music notes.

Requirements: Bring your own guitar.

Dates: Saturdays, starting on September 24

Ages/Times: 9-13 years Beginners, 9:00 - 10:00 am

10-16 years Beg Plus 10:00 - 11:00 am

Fee: \$85 for 10 classes, Non-residents: \$110

Location: Roosevelt High School
631 Tuckahoe Road

Intermediate/Advanced Youth & Teen Guitar

Instructor: Rob Hall

Expand your skills in chords, rhythms, melodies and reading for use in diverse playing styles. Advanced class is for students with more experience and the ability to read music notes. Maximum 10 students. Requirements: Bring your own guitar. Extra cash fee at second class for new students to purchase instruction book.

Ages: Both classes 12-17 years

Times: Intermediate, 11:15 am – 12:15 pm
Advanced, 12:15 – 1:15 pm

Dates: Saturdays, starting September 24

Fee: \$85 for 10 classes

Location: Roosevelt High School
631 Tuckahoe Road

See registration details on page 8

YOUTH/TEEN RECREATION

Teen Theatre

Instructor: Mary Ann Penzero

Participants will engage in Theatre games, improvisation, and scene work from stage and screen. Our performers will develop monologues and scenes based on their own experiences. Stage craft elements including the use of props, costumes, lighting and directing will be introduced. Participants will learn self-expression and performing in a structured environment.

Dates: Saturday, starting September 24

Ages: 12-17

Time: 10:00 – 11:00 am

Fee: \$85 for 10 classes, Non-Residents:
\$110

Location: Roosevelt High School
631 Tuckahoe Road

Theatre for Kids

Instructor: Mary Ann Penzero

Instruction will include Theatre games and improvisation based on themes from stage and screen. Participants will enhance their experience by learning elements of stage craft including simple lighting, props, and costumes. Participants will enjoy performing in a structured environment.

Dates: Saturday, starting September 24

Ages: 8-11

Time: 9:00 – 10:00 am

Fee: \$85 for 10 classes, Non-Residents:
\$110

Location: Roosevelt High School
631 Tuckahoe Road

Karate

Instructor: Trent Perri

Learn self-defense movements for mental, physical, and emotional control of the body and mind. Students should wear comfortable clothes and must wear sneakers. New students completing this course will be awarded the rank of Orange Belt. Returning students who complete this course will be awarded the higher Yellow Belt rank.

Supply fee: \$10 cash due at the first class is required of all students for belt and certificate.

Dates: Saturdays, starting on September 24

Age/Time: Beginners, 8 - 12 yrs, 9:00 - 10:00 am

Beginners, 5 - 7 yrs, 10:00 - 11:00 am

Returning, 5-12 yrs, 11:00 - 12:00 pm

Fee: \$85 for 10 classes, Non-residents: \$110

Location: Roosevelt High School
631 Tuckahoe Road



See registration details on page 8



YOUTH/TEEN RECREATION

Tennis for Kids & Teens

Instructors: Jon Lee & Max Sanchez

Join our two tennis "Pros" for beginner classes in a fun, socially-friendly environment. Basic instruction in proper grip, forehand, backhand, serving, volleying, scoring, rules, and tennis etiquette. Teen class is for Teens with and without experience. **Requirements:** Wear comfortable clothing and sneakers. Bring your tennis racquet.

Dates: Saturdays, starting on September 24

Ages/Times: 5-6 years, 9:00 - 10:00 am
10-12 years, 10:00 - 11:00 am
7-9 years, 11:00 - 12:00 pm

Fee: \$85 for 10 classes, Non-residents: \$110

New 90 minute class - 13-16 years,
12:00 - 1:30 pm

Fee: \$125 for 10 classes, Non-residents: \$150

Location: Roosevelt High School
631 Tuckahoe Road

Outdoor Tennis

Instructor: Jon Lee & Max Sanchez

Beginners will learn forehand and backhand, strokes, serving, volleying, rules, and tennis etiquette. Intermediates learn court strategies and ground strokes. Requirements: Wear sneakers and bring a tennis racquet.

Dates: 10 Mondays, starting on Sept. 19

Level/Time: Beginner ages 5-7 years, 3:00 pm
Beginner ages 8-10 years, 4:00 pm

Dates: 10 Wednesdays, starting on Sept. 21

Level/Time: Beginner ages 11-16 years, 3:00 pm
Beginner ages 8-16 years, 3:45 pm

Fee: \$85 for 10 classes, Non-residents: \$110

Location: Kinsley Park
Park and Chase Avenues



See registration details on page 8

YOUTH/TEEN RECREATION

Ballet & Tap

Instructor: Elisa Bonneau

Vaganova (Russian) technique. Classes teach basic ballet technique, music appreciation, and vocabulary while building self-esteem. Time is spent equally dancing ballet and tap. For students with or without experience. **Attire:** Ballet shoes (Girls – pink, Boys – black) with either leather soles or soles with a leather strip/patch. Everyone needs tap shoes. Girls wear any color long or short-sleeve leotard, pink footed tights. No ballet skirts. Boys wear white T-shirt, boy's black tights. Children should not wear rings, bracelets or necklaces.

Ages: 5-7 years

Dates: Saturdays, starting September 24

Time: 9:00 - 10:00 am

Fee: \$85 for 10 classes, Non-residents: \$110

Location: Roosevelt High School
631 Tuckahoe Road

Jazz/Lyrical Dance

Instructor: Elisa Bonneau

This jazz class is a combination of Broadway and contemporary styles. A basic, beginner level class for students with some, little, or no experience. Students who have previously taken Elisa's Tap & Jazz class and are now 8-12 years old will enjoy this class. All Teens welcome. **Attire:** Girls wear black jazz shoes and dance tops with leggings or jazz pants. Boys wear black jazz shoes, plain T-shirt (any color), and black pants or shorts. Children should not wear rings, bracelets or necklaces.

Dates: Saturdays, starting September 24

Ages/Times: 8-12 years, 11:00 am - 12:00 pm

Fee: \$85 for 10 classes, Non-residents: \$110

Location: Roosevelt High School
631 Tuckahoe Road

Tap & Jazz

Instructor: Elisa Bonneau

Traditional tap and jazz mixed with a Broadway style. Great for children who enjoy dancing! For students with or without experience. **Attire:** Tap shoes plus jazz or ballet shoes (See Ballet & Tap class at left). Girls wear any color leotard with tights and leggings. No skirts. Boys wear T-Shirt and workout pants. Children should not wear rings, bracelets or necklaces.

Ages: 5-7 years

Dates: Saturdays, starting September 24

Time: 10:00 - 11:00 am

Fee: \$85 for 10 classes, Non-residents: \$110

Location: Roosevelt High School
631 Tuckahoe Road

Ballet, Level 1

Instructor: Elisa Bonneau

Vaganova (Russian) technique. Classes teach basic ballet technique, music appreciation and vocabulary while building self-esteem. For students with or without experience. **Attire:** Ballet shoes with either leather soles or soles with a leather strip/patch. Girls wear black long or short-sleeve leotard, pink footed tights. No ballet skirts or costumes. Hair must be tied or pinned back. Children should not wear rings, bracelets or necklaces.

Ages: 6-9 years

Dates: Fridays starting September 23

Times: 5:45 - 6:45 pm

Fee: \$85 for 10 classes, Non-residents: \$110

Location: Yonkers Montessori Academy
160 Woodlawn Avenue

See registration details on page 8



YOUTH/TEEN RECREATION

Basketball Skills and Drills

Coach Stephvon "Boo" Patnelli

Youngsters will go through various fun basketball drills that improve their skills on the court. All experience levels welcome. Please dress comfortably!

Ages: 8-15 years

Dates: Mondays Starting September 19 or
Fridays Starting September 22

Time: 5:00 pm

Location: Museum School 25 Gymnasium
579 Warburton Avenue

Fee: \$85 for 10 classes, Non-residents
\$110



Little Cooks

Instructor: Brenda J. Freeman

These future chefs will enjoy hands-on food preparation while learning how to read and understand recipes. After school snacks such as English muffin pizza, tuna pinwheel bites, a vegetable fried rice dish, and more will give children an understanding of healthy and fun foods. Chefs ages 10 - 12 will also focus on reading measurements and weights, exploring the effect of different cooking temperatures on foods, and expanding their culinary vocabulary. Maximum 10 students in each class. **Supply fee:** \$20 is due at the first class. **Requirements:** Please also bring an apron, smock or over- sized T-shirt to protect clothing. Hair must be tied or pinned back.

Please call 377-6440 after registering to make us aware of any food allergies your child has. This is a 90 minute class.

Ages: 7-9 years

Dates: Wednesdays, starting on September 28

Time: 4:30 - 6:00 pm

Ages: 10-12 years

Dates: Thursdays, starting on September 29

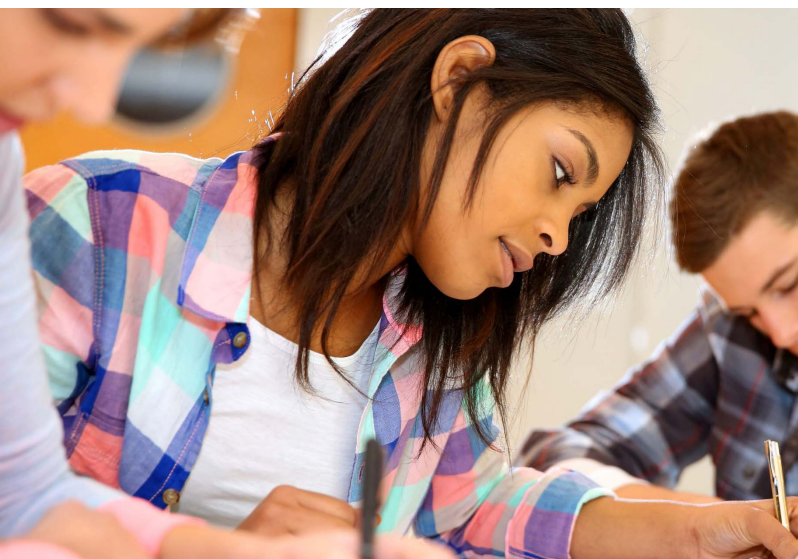
Time: 4:30 - 6:00 pm

Fee: \$95 for 8 classes, Non-residents: \$120

Location: School 16
759 North Broadway



YOUTH/TEEN RECREATION



CREATIVE WRITING

Instructor: Monette Hamilton

The Let's Write Out Loud Program is a creative writing program designed to provide students opportunities to discover different styles of poetry; become proficient at identifying figurative language; identify the power of words through verbal influences; create and share their own work. This program has a focus on Common Core Standards for English and Language Arts. This program offers: writing and reading exercises, discovery or lyrical structure, discovery of unfamiliar words and crucial thinking activities.

Overall, participants will examine poetic structures and styles, build vocabulary, and strengthen writing skills. Maximum of 15 students per class. **Supply Fee:** \$50 cash per student due at the first class.

Dates: Saturdays starting October 8

Fee: \$120 for 8 Classes

Ages: 9-14 , 9:00 AM, 11:00 AM
14 – 17, 11:00 AM – 1:00 PM

Location: Roosevelt High School
631 Tuckahoe Road

ROBOTICS

Instructor: Terrance Hamilton

Participants will get hands-on experience using the python programming language to code up solutions to robotics challenges. They will write robotics code to drive via radio control and program the micro-robots to move autonomously and via a joystick style controller, which they will also program. The course will close with a team robotics competition and awards ceremony. Available computing resources at the site (15 Seats) limit space.

All students must bring a laptop to participate in the class.

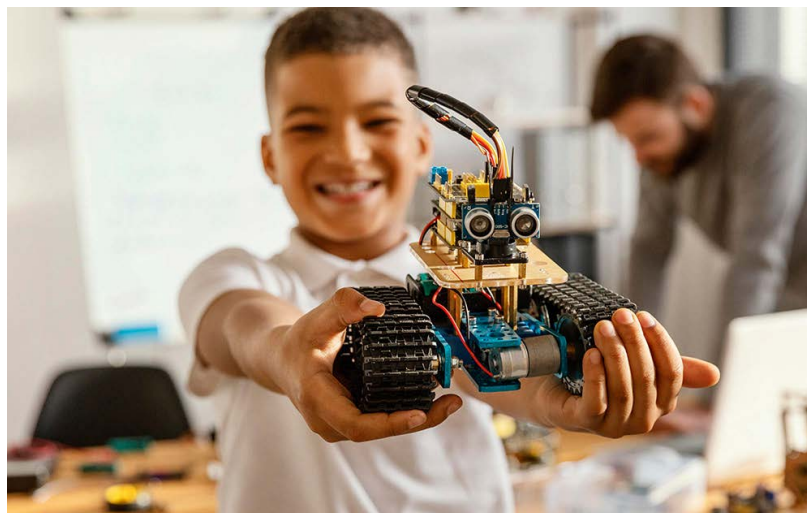
This Class is for Beginners, Advanced, & Intermediate Learners - Students must be able to read and use a standard computer keyboard, mouse and google chrome browser. Students must have access to a valid google email account to use required software. Maximum of 15 students per class. **Supply Fee:** \$100 cash per student due at the first class. Please note these are two-hour classes.

Dates: Saturdays starting October 8

Fee: \$120 for 8 Classes

Ages: 9-14, 9:00 AM – 11:00 AM
14-17, 11:00 AM – 1:00 PM

Location: Roosevelt High School
631 Tuckahoe Road



YOUTH/TEEN RECREATION

Teen Recreation Centers

A free, drop-in recreation program for Yonkers Residents 13 - 17 years of age. Participants have the opportunity to take part in basketball, board games and other fun activities while socializing in a safe, well-staffed environment.

November 28, 2022 through April 1, 2023

Week Nights: 6:30 - 9:30 pm

Saturdays: 3:00 - 8:00 pm

MONDAY

School 22 - 1408 Nepperhan Avenue

TUESDAY

School 13 - 195 McLean Avenue

WEDNESDAY

School 25 - 579 Warburton Avenue

THURSDAY

Enrico Fermi School - 27 Poplar Street

Hostos School - 75 Morris Street

Cross Hill Academy - 160 Bolmer Avenue

FRIDAY

Hostos School - 75 Morris Street

Enrico Fermi School - 27 Popular Street

Yonkers H.S. - 150 Rockland Avenue

SATURDAY

School 13 - 195 McLean Avenue

School 25 - 579 Warburton Avenue

Dodson School - 105 Avondale Road

For additional information call (914) 377-6444.

ADULT RECREATION

Adult Open Gym Basketball

A free drop-in open gym basketball program for Yonkers Residents 18+ years of age.

November 28, 2022 through April 1, 2023

Week Nights: 6:30 - 9:30 pm

Saturdays: 3:00 - 8:00 pm

MONDAY

Dodson - 105 Avondale Road

TUESDAY

Yonkers H.S. - 150 Rockland Avenue

WEDNESDAY

Yonkers H.S. - 150 Rockland Avenue

THURSDAY

Yonkers H.S. - 150 Rockland Avenue

FRIDAY

School 13 - 195 McLean Avenue

Cross Hill Academy - 160 Bolmer Avenue

SATURDAY

Enrico Fermi School - 27 Poplar Street

Hostos School - 75 Morris Street

For additional information call (914) 377-6444.



ADULT RECREATION

Art Sketch and Paint

Instructor: Diana Capasso

This class offers broad based beginner techniques where you create your own unique works of art by using multiple sketch techniques along with watercolor wax transfer and acrylic painting methods. A \$20 supply fee due first class

Dates: 10 Thursdays, starting September 29

Time: 6:00-7:00 pm

Location: Cola Community Center
945 North Broadway

Fee: \$95 for 10 classes, Non-residents \$125

Acoustic Guitar

Instructor: Rob Hall

An introduction to Acoustic Guitar for absolute beginners (no experience) and for players with limited experience. Learn to read and play basic notation, melodies, rhythm, and chords. Students must provide their own acoustic guitars. Maximum 10 students. Extra cash fee due at second class for instruction book.

Dates: 10 Mondays, starting on October 3

Time: 6:00 - 7:00 pm

Location: Bronx River Road Community Center
680 Bronx River Road

Fee: \$95 for 10 classes, Non-residents: \$125

Vinyasa Yoga Flow Open Level

Instructor: TBD

An open level, meditative Vinyasa class to mindfully welcome the weekend. This class is designed to foster and honor the intrinsic intersection of the mind, body, and spirit. We will move! We will also aim to feel our bodies in space and find stillness. All are welcome!

Dates: 10 Saturdays, starting October 3

Time: 8:00-9:00 am

Location: Cola Community Center
945 North Broadway

Fee: \$95 for 10 classes, Non-residents \$125

Yin and Restorative Yoga

Instructor: Patricia Villate

In this 60 minute class we focus on going within to stretch beyond our limits. This gentle guided class is an ideal way to reset and refocus in order to approach life with more balance and flexibility. Please bring a mat and any props you may need.

Dates: 10 Thursdays, starting September 29

Time: 7:00-8:00 pm

Location: Cola Community Center
945 North Broadway

Fee: \$95 for 10 classes, Non-residents \$125

See registration details on page 8



ADULT RECREATION



SHiNE DANCE FITNESS™

Instructor: Denise Velazquez

SHiNE DANCE FITNESS™ is a fun, upbeat workout - the perfect balance of cardio, toning & strength in every class! Every SHiNE routine is designed to get students "out of their head" and into their bodies with original choreography rooted in traditional jazz, ballet & hip-hop. Perfect for beginners and seasoned dancers alike, SHiNE is for everybody and everybody! Please wear comfortable clothes, supportive shoes, bring water & a smile! Mat optional. See you on the dance floor!"

Dates: 10 Tuesdays, starting October 4

Time: 6:15 - 7:15 pm

Location: Yonkers Montessori Academy Auditorium
160 Woodlawn Avenue

Fee: \$95 for 10 classes, Non-residents \$125



NEW

SlimFit with a touch of Zumba®

Instructor: Lydia Otero

Get Slim, Get Fit with a touch of Zumba, warm up only, and strength training exercises for every part of your body with squats, lunges, crunches, curls, etc. We tone by using Resistance Tubing (provided in class) & Weights (bring your own 2-5 lbs. and a mat or towel). A touch of Zumba is a great way to sample Zumba for the first time. Come join and get SlimFit

Dates: 10 Thursdays, starting September 29

Time: 7:00 - 8:00 pm

Location: Cola Community Center
945 North Broadway

Fee: \$95 for 10 classes. Non-residents: \$125

Dance Exercise with a touch of Zumba® Fitness

Instructor: Diane Capurso

This is dance fitness with lots of fun. Some light kick boxing, line dancing, and weights will be used. Also infused into this cardio dance combo is the Latin/ International rhythms and dance steps of Zumba.

Requirements: Bring a light volleyball size ball, mat or towel, and 1-5 lb weights.

Dates: 10 Fridays, starting September 30

Time: 9:30 - 10:30 am

Location: Cola Community Center
945 North Broadway

Fee: \$95 for 10 classes, Non-residents \$125

See registration details on page 8



ADULT RECREATION

HydroRevolution® Total Body Workout

The Hydro Revolution Total Body Workout Program has been designed to take your overall fitness to the next level! Incorporated in the workout are Aqualogix and Aquastrength® Bells and Lower Body Fins. The workout consists of a dynamic flexibility warm up, strength & stability component which targets your total body before finishing off with a dynamic flexibility cool-down. The exercises in this program are very challenging and will completely work your overall stability, balance, coordination and movement patterns. Amazing workout!

For more information visit www.hydrorevolution.com.

Dates: 8 Mondays, starting October 3

Time: 8:00 - 8:45 pm

Location: Mark Twain Pool
160 Woodlawn Avenue

Fee: \$120, Non-residents: \$150

Tennis Outdoor/Indoor

Instructor: Max Sanchez & Jon Lee

Beginners will learn forehand and backhand, strokes, serving, volleying, rules, and tennis etiquette. Intermediates learn court strategies and ground strokes. **Requirements:** Wear sneakers and bring a tennis racquet.

Dates: Wednesdays, starting on September 28

Level/Time: Beginners/Intermediate
5:30 - 6:30 PM

Location: Kinsley Park, Park and Chase Avenues

Starting October 19

Cross Hill Academy

160 Bolmer Avenue

Use rear entrance driveway,
off western end of Odell Avenue

Fee: \$95 for 10 classes, Non-residents \$125



See registration details on page 8



AQUATICS

The Mark Twain Pool is an approved Training Center for Starfish Aquatics™ Institute and an authorized provider

for Starguard™ & Starfish Swimming™

SWIM PLACEMENT REQUIREMENTS: If your child has not participated in our program, you must bring them to Swim Placement for correct assessment for our swim classes, unless you know they are White/Red (Beginner) in Starfish Swim School, StarBabies, StarTot, and Swim School for Preschool, Teens and Adult swim classes. Please look at class description online for start date.

SWIM PLACEMENT: Fri., Sept. 16, 6:00 - 8:00 pm, Mark Twain Pool, 160 Woodlawn Avenue.

ONLINE REGISTRATION: Mon., Sept. 19, 7:00 pm register.communitypass.net/yonkers. Starfish Swim School® for Youth (Ages 5 – 12) Students work toward development of the five core swimming competencies using age-appropriate learning activities. Learning is selfpaced but challenging. Stages are as follows: White, Red, Yellow, Blue, Green.

Fee: \$120. Non-residents \$150.

All participants MUST PASS EACH COLOR LEVEL before moving on to next level.

CORE SKILL ACHIEVEMENT STAGES					SPECIALTY COURSES	
White	Red	Yellow	Blue	Green	Stroke School	Starfish Swim Clinic
If the student is afraid of water, can't swim at all and will not get face wet... SIGN UP FOR WHITE GROUP	If the student can't swim without support but loves the water, will get face wet and will jump in SIGN UP FOR RED GROUP	If the student is not afraid, can float on front and back and can jump in and return to surface SIGN UP FOR YELLOW GROUP	If the student can swim underwater or on the surface, and can get an occasional breath SIGN UP FOR BLUE GROUP	If the student can tread water for at least 15 seconds, and can swim freestyle with rotary (side) breathing SIGN UP FOR GREEN GROUP	If the student has achieved a GREEN Starfish Swim School Award Patch and needs to learn or refine backstroke, breaststroke, butterfly SIGN UP FOR STROKE SCHOOL	If the student can swim 25 yards freestyle with side breathing, needs to build endurance and wants to learn turns, starts, and swim team training techniques SIGN UP FOR STARFISH SWIM CLINIC

WHITE/RED

Mark Twain Pool

Monday

W - 6:05 - 6:35 pm

R - 6:35 - 7:05 pm

Tuesday

W - 6:05 - 6:35 pm

R - 6:35 - 7:05 pm

Wednesday

W - 6:05 - 6:35 pm

R - 6:35 - 7:05 pm

Thursday

W - 6:05 - 6:35 pm

R - 6:35 - 7:05 pm

Saturday

W - 11:00 - 11:30 am

R - 11:30 am - 12:00 pm

YELLOW

Mark Twain Pool

Monday

6:35 - 7:05 pm

Tuesday

6:35 - 7:05 pm

Wednesday

6:35 - 7:05 pm

Thursday

6:35 - 7:05 pm

Saturday

11:30 am - 12:00 pm

BLUE

Mark Twain Pool

Monday

7:05 - 7:50 pm

Tuesday

7:05 - 7:50 pm

Wednesday

7:05 - 7:50 pm

Thursday

7:05 - 7:50 pm

Saturday

12:00 - 12:45 pm

GREEN

Mark Twain Pool

Monday

7:05 - 7:50 pm

Tuesday

7:05 - 7:50 pm

Wednesday

7:05 - 7:50 pm

Thursday

7:05 - 7:50 pm

Saturday

12:00 - 12:45 pm

Classes start Friday, September 23. Please look at your receipt for details on class start date.



AQUATICS

StarBabies™

(Adult & Infant ages 6 months - 18 months)

The purpose of the StarBabies and StarTots course is to develop in very young children a high comfort level in the water while at the same time training the adults who accompany them in water safety and drowning prevention. This course does not teach children to become accomplished swimmers or to survive in the water; it does provide a confidence-building, fun, and loving experience. One adult must be in the water with each child. Swim Diapers required.

Days: 8 Fridays, starting on September 23

Time: 6:15 - 6:45 pm

Fee: \$110, Non-residents: \$140

Location: Mark Twain Pool
160 Woodlawn Avenue

StarTots™

(Adult and Toddler ages 18 months - 48 months)

The purpose of the StarBabies and StarTots course is to develop in very young children a high comfort level in the water while at the same time training the adults who accompany them in water safety and drowning prevention. This course does not teach children to become accomplished swimmers or to survive in the water; it does provide a confidence-building, fun, and loving experience. One adult must be in the water with each child. Swim Diapers required.

Days: 8 Fridays, starting on September 23

Time: 6:45 - 7:15 pm

Fee: \$110, Non-residents: \$140

Location: Mark Twain Pool
160 Woodlawn Avenue

Starfish Swim School® for Preschoolers (Ages 3 & 4)

Designed to meet the needs of children ages 3 and 4, this course will develop a high comfort level in the water and a readiness to swim and for those children who are developmentally ready, it will teach functional swim skills. This teaches swimming through creative, fun activities in the water. Students work toward developing the five competencies and progress toward achieving the benchmarks at their own pace in a small-group setting.

Days: 8 Saturdays, starting on September 24

8 Mondays, starting on October 3

8 Tuesdays, starting on October 4

8 Wednesdays, starting on September 28

8 Thursdays, starting on September 29

Time: Saturday 11:00 - 11:35 am

Monday 6:05 - 6:35 pm

Tuesday 6:05 - 6:35 pm

Wednesday 6:05 - 6:35 pm

Thursday 6:05 - 6:35 pm

Fee: \$120, Non-residents: \$150

Location: Mark Twain Pool
160 Woodlawn Avenue



AQUATICS

Starfish Stroke School®

This course is for students of all ages who have achieved the Green Stroke School benchmarks. Students refine freestyle and learn stroke technique for backstroke, butterfly, breaststroke, and develop endurance.

Stages are as follows: White, Red, Yellow, Blue, and Green. All participants **MUST PASS** Swim School Green in order to register for stroke school OR have been water tested.

Please look at class description on registration website for start dates.

Fee: \$120, Non-residents: \$150

Location: Mark Twain Pool
Yonkers Montessori Academy
160 Woodlawn Avenue

Starfish Swim Clinic™

This course is for students of all ages who have achieved the Green Stroke School benchmarks. Students learn and refine the competitive strokes plus develop an understanding of basic training principles such as using a pace clock, starts and turns, and racing. This program is a great introduction to competitive swimming in a low-key environment.

Days: 8 Saturdays, starting on September 24

Time: 12:00 - 12:45 pm

Fee: \$120, Non-residents: \$150

Location: Mark Twain Pool
Yonkers Montessori Academy
160 Woodlawn Avenue

Starfish Swim/Stroke School® for Teens (Ages 13 -17)

This course is designed to improve comfort and skill in the water, regardless of past swimming experience. Students work toward developing

the five basic core swimming competencies using principles of adult learning. Stroke School will teach / refine all four competitive strokes.

Days: 8 Saturdays, starting on September 24

Time: Swim School - Sat., 11:00 - 11:45 am
Stroke School - Sat., 12:00 - 12:45 pm

Fee: \$120, Non-residents: \$150

Location: Mark Twain Pool
160 Woodlawn Avenue

<p>White (Freestyle) Red (Backstroke) <i>Must pass ALL swim school benchmarks in order to register</i></p> <p>Monday W 6:15 - 7:00 pm</p> <p>Tuesday W/R 6:15 - 7:00 pm</p> <p>Wednesday W/R 6:15 - 7:00 pm</p> <p>Thursday W/R 6:15 - 7:00 pm</p> <p>Friday R 6:15 - 7:00 pm</p> <p>Saturday W 11:00 - 11:45 am R 11:00 - 11:45 am</p>	<p>Yellow (Butterfly) Blue (Breaststroke) Green (Endurance) <i>Must pass W/R/Y/B stroke benchmarks in order to register</i></p> <p>Monday Y 7:05 - 7:50 pm B 7:05 - 7:50 pm</p> <p>Tuesday G 7:05 - 7:50 pm</p> <p>Wednesday Y 7:05 - 7:50 pm B 7:05 - 7:50 pm</p> <p>Thursday Y/B 7:05 - 7:50 pm</p> <p>Friday Y 7:00 - 7:45 pm</p> <p>Saturday B 12:00 - 12:45 pm G 12:00 - 12:45 pm</p>
SPECIALTY COURSES	
Stroke School	Starfish Swim Clinic
If the student has achieved a GREEN Starfish Swim School Award Patch and needs to learn or refine backstroke, breaststroke, butterfly	If the student can swim 25 yards freestyle with side breathing, needs to build endurance and wants to learn turns, starts, and swim team training techniques
SIGN UP FOR STROKE SCHOOL	SIGN UP FOR STARFISH SWIM CLINIC

AQUATICS

Evening Lap Swim

Work out or leisure swim at your own pace. Must circle swim if more than two persons in a lane.

Dates: 8 weeks starting on Friday, September 23

Times: Mon./Wed./Fri. 8:00 - 9:30 pm
Tues./Thurs. 8:45 - 9:45 pm

Fee: \$108, Non-residents: \$124

Location: Mark Twain Pool
Yonkers Montessori Academy
160 Woodlawn Avenue

Deep H2O Aquafit

Enjoy fabulous exercise in deep water with emphasis on lower body. Buoyant/resistance equipment provided or bring your own! You must be comfortable in the deep end of the pool.

Dates: 8 Wednesdays, starting on Sept. 28

Time: 8:00 - 8:45 pm

Fee: \$120, Non-residents: \$150

Location: Mark Twain Pool
Yonkers Montessori Academy
160 Woodlawn Avenue

Low Impact Aqua Fit

Aquatic cardio and strength exercises with emphasis on minimal joint impact. Great class!

Dates: 8 Saturdays, starting on September 24

Time: 10:00 - 11:00 am

Fee: \$120, Non-residents: \$150

Location: Mark Twain Pool
Yonkers Montessori Academy
160 Woodlawn Avenue

Golden Years Aqua Fit

Low impact aquacise for the young at heart. Water truly heals the body and soul! Age: 55+

Dates: 8 Saturdays, starting on September 24

Time: 10:00 - 11:00 am

Fee: \$75, Non-residents: \$90

Location: Mark Twain Pool
Yonkers Montessori Academy
160 Woodlawn Avenue

AQUA JAM

A FUN feel good class combining catchy tunes with easy steps and moves in the water. Great cardiovascular workout!

Dates: 8 Thursdays starting September 29

Time: 8:00-8:45pm

Fee: \$120, Non-resident: \$150

Location: Mark Twain Pool
Yonkers Montessori Academy
160 Woodlawn Avenue

Starfish Swim School® for Adults (Ages 18+)

This course is designed to improve comfort and skill in the water, regardless of past swimming experience. Students work toward developing the five basic core swimming competencies using principles of adult learning.

Dates: 8 Tuesdays starting October 4 or
8 Saturdays starting on Sept. 24

Time: Tues. 8:00 - 8:45 pm
Sat. 11:00 - 11:45 am

Fee: \$120, Non-residents: \$150

Location: Mark Twain Pool
Yonkers Montessori Academy
160 Woodlawn Avenue



AQUATICS

Yonkers Masters Swim Club

(Ages 18+)

Enjoy friendship and camaraderie as you improve your technique, stroke and conditioning through organized workouts; geared for the fitness swimmer to the serious competitor. Registered United States Masters Swim Team; member LMSC. For more detailed information, visit www.yonkersmasters.com or www.westchestermasters.com.

Dates: Year-round program

Times: Tues./Thurs. 8:00 - 9:30 pm
Saturday 9:30 - 11:00 am

Fee: \$108, Non-residents: \$134

Location: Mark Twain Pool
Yonkers Montessori Academy
160 Woodlawn Avenue

Recreation Open Swim

Open recreation swim. All parents must accompany children in water.

Dates: 8 Fridays, starting on September 23

Time: 7:45 - 9:30 pm

Fee: Adult \$65 Child \$35
Non-residents: Adult \$90 Child \$60

Location: Mark Twain Pool
Yonkers Montessori Academy
160 Woodlawn Avenue

STARGUARD™ Lifeguard Training (Ages 16+)

Starfish Aquatic Institute (SAI) participants must successfully complete lifeguard training, first aid, AED, and CPR. For more information, please call 377-6439.

Day/Time: Saturdays, 11:00 am - 2:00 pm

Pretest: TBD

CONDORS SWIM CLUB IN YONKERS



From Beginner to National Level:

- Build confidence and self-esteem
- Better concentration in school and in team sports
- Learn and develop all four competitive strokes
- Increase balance, coordination, and all around fitness levels
- Train with Coaches and Swimmers who have achieved Olympic Trials and Nationals time standards, as well as Zone Team qualifiers and Junior Olympic qualifying athletes!

OPEN TRYOUTS BE WILL HELD:

Tuesday, Sept. 6 – Friday Sept. 9, 6:00 - 7:00 pm
at the Mark Twain Pool or any date after by appointment. Call or email to schedule yours!

Contact Us:

Jon Hulbert, Mark Twain Head Coach
Phone: 845-638-4381 Ext. 704 • Email: Jon@Condors.org

Mark Twain Pool

Yonkers Montessori Academy
160 Woodlawn Avenue, Yonkers, NY 10704

www.Condors.org



**CONDORS
TSUNAMI
YONKERS SWIMMING**



**AMERICA'S
SWIM TEAM**



EDWARD J. MURRAY MEMORIAL SKATING CENTER

(914) 377-6469 • 348 Tuckahoe Road • Yonkers, NY 10710

Public Skating Admissions

General Admission..... \$11.00
Senior Citizen \$3.00
Skate Rental \$4.00

**Having a birthday?
Why not an ice skating party?**

Call (914) 377-6469 for details!

Public Skating Sessions

Tuesday, Wednesday & Thursday

10:00 am – 12:00 pm

Friday

10:00 am – 12:00 pm & 8:30 pm – 10:30 pm

Saturday

12:00 pm – 2:00 pm & 8:30 pm – 10:30 pm

Sunday

1:00 pm – 3:00 pm

*Please call the rink for holiday hours and closures
Saturday schedule subject to change*

Semester I: September 17, 2022 – December 18, 2022

Semester II: January 7, 2023 – April 16, 2023

Classes offered Saturday and Sunday

The Ice Sports Industry Method: All students begin lessons at the Tot, Skate 1, or 2 level learning basic skills necessary to progress to Alpha level and beyond. Each level contains specific components as listed and tests are given at regular intervals to enable students to reach the next level. Register online at register.communitypass.net/yonkers.

Tot "Trial" Evaluation Class

Ages 4 to 14 years – First time skaters
Pre-registration is REQUIRED for the Trial Lesson.
Fee for Trial Class: \$ 15
Please call for more information. (914) 377-6469

Tot Class

Ages 4 to 6 years - Beginners/Returning Students

Skate 1 and Skate 2 Class Adults

Ages 7 to 14 years
Skate 1 – Beginners/Skate 2 – Returning Students
Adults – 16 years and older

TOT, SKATE 1 & SKATE 2 CLASS TIMES & FEES

All classes are a half hour in length

Saturdays – 9:45 or 10:15 am

Sundays – 10:50 am or 11:20 am

FEES:

Saturdays - 13 weeks - \$195

Sundays - 13 weeks - \$195



EDWARD J. MURRAY MEMORIAL SKATING CENTER

Alpha and Beta Classes

All classes are 30 minutes in length.

Saturdays 9:15 am

FEE: \$208 for 13 weeks.

Gamma, Delta Freestyle 1 through 9 Classes

All classes are 45 minutes in length.

GAMMA, DELTA FREESTYLE 1 - 4

Saturdays – 8:30 am

FREESTYLE 5 THROUGH 9

Saturdays – 7:45 am

FEE: \$234

ICE RENTAL TIMES AVAILABLE.

The Rink is available to rent for all your event needs.

Please call 914-377-6469 for more information.

Junior Rangers

Try Hockey for Free (Ages 5-9)

Watch your child hit the ice for the first time with this fun, introductory one-hour session designed for kids with little or no skating experience. It's the first step in our exciting and affordable youth Junior Rangers Rookie Series. Registration is open until program is full. Limited spots available.

Each Session Includes:

- Free loaner equipment
- Rental skates available
- Professional instruction alongside Rangers alumni
- Free Rangers hockey stick for our participants to take home
- Post-skate meet & greet with Rangers alumni

Junior Rangers Rookie Series is also being held at E.J. Murray Memorial Skating Center. Junior Rangers Series includes Try Hockey for Free (as stated above), Learn to Play, and Rookie League.

For more information and to register please visit newyorkrangers.com/rookieseries

Adult Open Hockey

Fee: \$20 per player per session

Players may participate in an open scrimmage or practice workout during various times throughout the winter season. Equipment required! Goalies skate free. Family Open Hockey is open to all family members. Adult Open Hockey is open to players 18 years and older.

TIME/SCHEDULE:

Tuesdays & Thursdays, 12:15 - 2:15 pm

Saturdays, 10:40 pm - 12:40 am

Fridays, 10:40 pm - 12:40 am

STICK TIME

Fee: \$15 per player per session

Sundays, 7:15 am - 8:15 am





HOCKEY IS HAPPENING

- JOIN US AT CONVENIENT LOCATIONS ACROSS THE TRI-STATE AREA •
- FREE, NEW EQUIPMENT FOR FIRST TIME PARTICIPANTS • SCHOLARSHIPS AVAILABLE •

LEARN TO PLAY (AGES 5-10)

Get to know the game plus all the gear you need to play. Skating, shooting, handling, passing, and teamwork are just a few of the basics covered in the 10-week program.

- FREE head-to-toe equipment, including skates, for first timers
- Gear fitting
- 10 weeks of ice time
- 1-hour sessions
- Professional instruction alongside NYR Staff and Rangers alumni

ROOKIE LEAGUE (AGES 5-14)

Got the basics covered? Time to add a little friendly competition to the mix. This affordable, age-appropriate league will help kids grow their game and take the fun to the next level.

LIMITED TRAVEL LEAGUE | \$295 INCLUDES:

- Official Junior Rangers team jersey
- 10 Games (5 home, 5 away) coached by NYR Staff
- Close & convenient locations partnered together
- NYR Alumni Appearances

IN-HOUSE PROGRAM (10U) | \$395 INCLUDES:

- Official Junior Rangers team jersey
- 10 Games and 10 Practices led by NYR Staff
- All games hosted at your local rink

Learn more and sign up at newyorkrangers.com/rookies

PROJECT FRIENDSHIP

Project Friendship is a group oriented program for ages 5 and above with developmental disabilities. Please note all participants need to be interviewed by a Recreation Supervisor. We do not offer 1:1 services for participants of the program. If your child needs additional support you are required to attend and interact with them. For all school aged/workshop participants an Individual Evaluation Plan and/or Individual Service Plan is required for acceptance into the program. We encourage all participants to have OPWDD eligibility. The City of Yonkers is a waiver program. All participants must be toilet trained. Please call (914) 377-6438 with any questions. Fees (per participant): Yonkers Residents \$175. Non-residents \$360. Any group home individual \$335. Please note: There will be an additional fee for bowling and some special events planned during the course of the year. Please note - if the participant is on the Medicaid waiver an ISP addendum and an approval letter needs to be submitted. No admission or readmission to this program is final until determined by the Parks Department.

ART THERAPY

Participants learn about self expression and creative arts during the fun-filled hour. Activities include: painting, crafts and sculpting.

Age: Children and Teens

Day: Program meets twice a month on Saturdays

Time: 2:00 – 3:00 pm

Location: Bernice Spreckman Community Center
777 McLean Avenue

BOWLING

Our bowling league provides staffing for supervision and assistance with score keeping. Bumpers are available.

Age: Adults \$9.00 per 2 games

Day: Fridays

Time: 3:30 – 5:30 pm

Location: Paradise Lanes
790 Yonkers Avenue

DELIGHTFUL DINING

Enjoy a wonderful hour of simple but delicious food and etiquette. This will definitely be a program all will enjoy.

Age: Children and Teens

Date: Program meets twice a month-first and third Saturdays

Time: 2:00 – 3:00 pm

Location: Bernice Spreckman Community Center
777 McLean Avenue

HERO TENNIS

This program is designed to promote a participant's coordination and agility skills.

Age: Children, Teens, Teens and Adults

Days: Program meets weekly on Saturdays

Time: 11:00 – 12:00 pm

Location: School 30
30 Nevada Place

MUSIC THERAPY

Participants will use music to explore and improve physical, psychological, cognitive and social functioning

Age: Children and Teens

Day: Program meets twice a month every other Saturday

Time: 2:00 – 3:00 pm

Location: Bernice Spreckman Community Center
777 McLean Avenue

SPECIAL OLYMPICS

Supervised sports instruction will be offered to participants who meet eligibility requirements for the Westchester/Putnam Special Olympics. The program is offered to Teens and adults during the months of October through mid-May.

Age: Teens and Adults

Day: Saturdays

Time: 9:00 – 11:00 AM

Location: School 30
30 Nevada Place

STORYTELLING

Join us as we read our all-time favorite stories! Parents and participants are encouraged to bring in stories as well!

Age: Children and Teens

Day: Saturdays

Time: 12:30 – 1:00 pm

Location: Bernice Spreckman Community Center
777 McLean Avenue

THEATRE WORKSHOP

Learn the wonderful craft of drama, self-expression and miming.

Age: Children and Teens

Day: Program meets twice a month on Saturdays

Time: 12:30 – 1:00 pm

Location: Bernice Spreckman Community Center
777 McLean Avenue

YOUNG ADULTS CLUB

A social program for developmentally disabled Teens through adult years. Activities include: going to the movies, dine-outs, dance therapy, exercise, entertainment, art, dancing and much more.

Age: Teens and Adults

Day: Tuesdays

Time: 6:00 – 7:30 pm

Location: Bernice Spreckman Community Center
777 McLean Avenue

ZUMBA

This fabulous program promotes self-esteem, morale and worth for all who attend. This motivational program will benefit all that attend.

Age: Children and Pre-teens

Day: Program meets twice a month on Fridays

Time: 1:00 – 2:00 pm

Location: Bernice Spreckman Community Center
777 McLean Avenue

A multitude of special event activities will be planned throughout the year. For additional information please call 377-6438.

PLEASE NOTE: Project Friendship programs begin the second week in October.



SENIOR CITIZEN RECREATION

The Yonkers Senior Centers are located throughout the city. Senior Citizen Recreation is free for all Yonkers residents 60+ years and \$25 per year for Non-residents. Each Senior Center is completely different. When visiting a Senior Center ask to see the Leader. The Specialist Programs are free recreation classes including fitness and artistic classes. This program is open to residents 60+ years. Registration is not required. Simply drop in and take a class.

For more information on our senior programs, classes, and events call 377-6442.

SENIOR GROUP #2

Grinton I. Will Library - Senator Flynn Room

1500 Central Park Avenue

Phone: 337-1500, press 348

Monday – Friday 12:30 – 4:30 pm

This site is in a small room which allows for a coffee hour, card playing and Mahjong.

SENIOR GROUP #3

Bernice Spreckman Community Center

777 McLean Avenue

Phone: 377-6472

Monday – Friday 12:00 – 4:00 pm

This is a multi-room site which allows for many different activities: billiards, bingo, sing-along, sewing and crafts, card playing, movies, exercise, yoga, line dancing, shuffleboard, bocce, intergenerational program, coffee hour and organized parties.

SENIOR GROUP #4

Charles Cola Community Center

945 North Broadway

Phone: 377-6483

Mondays, Wednesdays, and Fridays 12:30 – 4:30 pm

This site offers arts and crafts, bridge, bingo, card playing, drawing, and many parties.

SENIOR GROUP #7

Homefield House

911 Saw Mill River Road

Phone: 327-1566

Tuesdays and Fridays 11:30 am – 4:30 pm

This site offers bingo, card playing, watercolor painting classes, and parties.

SENIOR GROUP #8

Runyon Heights Community House

21 Runyon Avenue

Phone: 969-2733

Wednesdays 11:30 am – 4:30 pm

This site offers card playing, Tripoly, exercise, bingo, and parties.

SENIOR GROUP #10

Bronx River Road (Scotti) Community Center

680 Bronx River Road

Mondays – Fridays 11:30 – 3:30 pm

Phone: 377-6486

This site offers bingo, card playing, exercise, arts and crafts and parties. *Lunch program available through Office for the Aging, call 377-6822.

SENIOR GROUP #12

Nodine Hill Community Center

140 Fillmore Street

Phone: 377-6475

Mondays – Fridays 12:00 – 4:00 pm

This is a multi-room site which offers: billiards, bingo, card playing, exercise, yoga, line dancing, watercolor, bocce, computer classes, and a coffee hour.

SENIOR GROUP #15

Nepperhan Community Center

342 Warburton Avenue

Phone: 965-0203

Tuesdays and Thursdays 12:00 – 4:00 pm

This site offers Pokeno, Tripoly, exercise and crafts.

*Lunch program available through Office for the Aging, call 377-6822.

SENIOR GROUP #16

Our Lady of Fatima

5 Strathmore Road

Phone: 255-4269

Mondays and Tuesdays

12:00 – 4:00 pm

This site offers Mahjong, art, and exercise classes



SENIOR CITIZEN RECREATION



Bingo is held at the various senior centers and open year round to Yonkers Residents 60 years and older. Bingo schedule subject to change. Please call ahead center to confirm schedule.

TUESDAY

Nodine Hill Community Center

140 Fillmore Street
1:00 PM
377-6475

Homefield House

911 Saw Mill River Road
1:00 PM
377-6479

WEDNESDAY

Nodine Hill Community Center

140 Fillmore Street
12:30 PM
377-6475

Runyon Heights Community House

21 Runyon Avenue
1:00 PM
969-2733

[once a month usually the 3rd Wednesday of the month]

THURSDAY

Bernice Spreckman Community Center

777 McLean Avenue
1:00 PM
377-6472

FRIDAY

Bronx River Road Community Center*

680 Bronx River Road
1:00 PM
377-6486

* There is also bingo before the 12:00 noon lunch program. Lunch program available through Yonkers Office for the Aging. For information please call 377-6822.



Coming Soon: Bingo Wednesday – Most Centers

SENIOR CITIZEN RECREATION

HEALTH & WELLNESS CLASSES

Registration is free! Please register in person on the first day of the class. We reserve the right to cancel any class due to lack of enrollment. Inclement weather? Call the hotline 377-6454 one hour prior to the scheduled class or center opening. For more information on Senior Programs please call 377-6435.

MONDAYS

ZUMBA

Instructor: Rufus Gibson

9:30 - 10:30 AM, September 19 - December 19th

Nodine Hill Community Center

140 Fillmore Street

SHINE FITNESS

Instructor Kathy Schwartz

11:00 - 12:00 PM, September 19 - December 19th

Nodine Hill Community Center

140 Fillmore Street

TUESDAYS

CHAIR EXERCISE

Instructor: Gabriel Cruz

12:15 - 1:15 PM, September 20 - December 20 (No class 11/08)

Bronx River Community Center

680 Bronx River Road

CHAIR EXERCISE

Instructor: Gabriel Cruz

1:30 - 2:30 PM, September 20 - December 20 (No class 11/08)

Our Lady of Fatima

5 Strathmore Road

CHAIR EXERCISE

Instructor: Gabriela Cruz

2:45 - 3:45 PM, September 20 - December 20 (No class 11/08)

Nodine Hill Community Center

140 Fillmore Street

WEDNESDAYS

TAI CHI

Instructor: Alex Lamas

10:00 - 11:00 AM, September 21 - December 21

Nodine Hill Community Center

140 Fillmore Street

EXERCISE

Instructor: Cathy McMahon

11:00 AM - 12:00 PM, September 21 - December 21

Nepperhan Community Center

342 Warburton Avenue

ACTIVE HEALTHY HEARTS

Instructor: Kim Caso

12:00 - 1:00 PM, September 21 - December 21

Runyon Heights Community House

21 Runyon Avenue

THURSDAYS

SILVER STARS WALKING AND EXERCISE

Instructor: Keith Fields

8:30am- 9:30 AM, September 15 - December 22 (No class November 24)

Tibbetts Brook Park

Meet in Gazebo closest to the entrance parking lot.

EXERCISE

Instructor: Cathy McMahon

12:15 - 1:15 PM, September 16 - December 23 (No class November 24)

Charles A. Cola Community Center

945 North Broadway

FRIDAYS

TAI CHI

Instructor: Alex Lamas

10:00 - 11:00 AM, September 16 - December 23 (No class November 11)

Nodine Hill Community Center

140 Fillmore Street

STAY STRONG AND FIT

Instructor: Barbra Gallo

12:00-1:00 pm, September 16 - December 23 (No class November 11)

Bernice Spreckman Community Center

777 McLean Avenue



SENIOR CITIZEN RECREATION

ARTS AND CRAFTS

Instructor: Joanna Cardilli

Enjoy a series of Arts and Crafts classes. Participants will enjoy creating seasonal crafts projects for the home and personal use.

REGISTRATION: Phone in – call the location of the class and register your name with the Senior Leader. Space is limited. Registration is free. Open to residents 60 years of age and older.

*We reserve the right to cancel any class due to lack of enrollment. Classes are not held on federal holidays.

Enjoy classes at these locations:

Bronx River Road Community Center - 377-6486

680 Bronx River Road
Mondays 1:30 – 3:30 pm
September 26, October 3, 17

Bernice Spreckman Community Center - 377-6472

777 McLean Avenue
Wednesdays 1:30 – 3:30 pm
October 5, 12

Nodine Hill Community Center - 377-6475

140 Fillmore Street
Fridays 1:30 – 3:30 pm
September 30, October 7, 14

FUN WITH WORDS

Instructor: Maryl Turchi

Nepperhan Community Center

342 Warburton Avenue
Tuesdays 1:00-3:00 PM
September 20, Oct 4, Nov 1, Dec 6

Charles A. Cola Community Center

945 North Broadway
Wednesday 1:00-3:00 PM
September 21, 28 October 5, 12, 29, 26 Nov 2, 9, 16, 23, 30
Dec 7, 14, 21

Nodine Community Center

140 Fillmore Street
Thursday 1:00-3:00pm
September 15, 22, 29 Oct 6, 13, 20, Nov 3

ART & SKETCHING

All are welcome to experience the joy of creative activity.

Instructor: Michael Cuomo

Charles A. Cola Community Center

945 North Broadway
Mondays 1:45 -
September 19, 26 October 3, 17, 24, 31 Nov 7, 14, 21, 28
Dec 5, 12, 19

HomeField House

911 Sawmill River Road
Tuesdays 12:30
September 20, 27 October 4, 11, 18, 25 Nov 1, 15, 22, 29
Dec 6, 13, 20

SKETCHING

Instructor: Diane Capasso

A drawing course for all those in search of developing their creative drawing process. Explore your creativity and learn with the most creative professionals.

1:00 - 2:00 PM
Wednesdays starting September 21

WebEx Meeting Number 2637 222 9823

Password: Welcome

Inclement weather? Call the City of Yonkers hotline at 377-6454 one hour prior to scheduled class or center opening to confirm if that the class is being held. For more information on Senior Recreation Programs call 377-6442 .



SENIOR CITIZEN RECREATION

LINE DANCING

Instructor: Diane Capurso

Registration is free! Please register in person on the first day of the class. We reserve the right to cancel any class due to lack of enrollment. Inclement weather? Call the hotline 377-6454 one hour prior to the scheduled class or center opening. For more information on Senior Programs, please call 377-6435.

MONDAYS

Bernice Spreckman Community Center
777 McLean Avenue

Beginners/Intermediate
12:30 - 1:30 pm

Dates: September 19
October 17, 24, 31
November 14, 21, 28
December 12, 19

FRIDAYS

Charles A. Cola Community Center
945 North Broadway

Intermediate
12:30 – 1:30 pm

Dates: October 7, November 4 & December 2

Nodine Hill Community Center
140 Fillmore Street

Advanced
12:30 – 1:30 pm

Dates: October 14
November 18
December 9



SENIOR CITIZEN RECREATION



37th Annual Senior Golf Tournament

Shotgun style tournament for Yonkers Residents
60 years of age and older Winners Receive T-Shirts,
Awards and Golf Balls

Tuesday, October 11, 2022 at 7:00 AM

Raindate: October 18, 2022

Dunwoodie Golf Course

1 Wasylenko Lane, Yonkers

Annual Senior Halloween Hop

*A Party for Yonkers' Ghosts and Goblins
60 Years of age and older*

Thursday, October 27, 2022

10:00 am – 2:00 pm

Castle Royale
92 Waverly Street

Please join us for some ghoulish fun, lunch
and beverages!

Free admission, door prizes & fun entertainment!

Come dressed up in your favorite costume and join
our costume contest!



For more information on these or any other Senior Programs please call (914) 377-6435.

COYNE PARK RIFLE & PISTOL RANGE

**771 McLean Avenue
Yonkers, NY 10704
(914) 377-6488
www.coyneparkrange.net**

The Coyne Park Range is an indoor shooting range conveniently located in southeast Yonkers. A public range welcome to all recreational shooters and law enforcement personnel.

If you haven't yet taken the initial step, come join us, and see what you've been missing. Our range accommodates all handgun calibers, as well as .22 caliber rifles, and carbine rifles chambered for standard handgun ammunition (no magnum rounds permitted for any firearms at this time).

Hours of Operation

Monday, Wednesday & Thursday: 4:00 - 9:00 pm

Friday: 11:00 am - 9:00 pm

Closed on Tuesday, Saturday & Sunday

subject to change

Residents \$20 per hour, Non-residents: \$25 per hour

Yearly memberships available, Residents \$300, Non-residents \$375

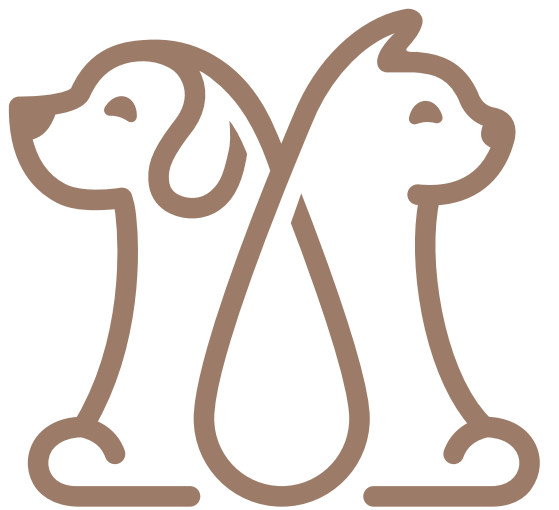
Eye and Ear Protection: \$3 each

Rifle Rental: \$75 per person plus cost of ammunition,
includes eye and ear protection, instruction, and one hour admission.

NRA First Steps

Our National Rifle Association (NRA) First Steps Pistol and Rifle courses are for people who own a firearm. This course is offered by appointment only and typically involve one-on-one instruction.





YONKERS ANIMAL SHELTER

**1000 Ridge Hill Boulevard
Yonkers, NY 10710
(914) 377-6730**

Hours of Operation

11:00 am to 4:00 pm

Adoption fees: Cats \$65 • Dogs \$80

Interested in adopting?

We are always in search of new homes for all of our wonderful pets, both cats and dogs. These animals are asking for a chance to show you their affection and love. If you are interested in a pet, please consider meeting our beautiful animals. A staff member is available to discuss our adoptable animals with you. Potential adopters are required to fill out our preadoption form, which can be done at the shelter.

Adoptions include:

Spaying and neutering
Distemper shot
De-worming
Rabies shot
Dog License
and a free examination with
a participating veterinarian





Yonkers Youth Bureau

285 Nepperhan Avenue | Yonkers, NY 10701

914.377.6443

youthbureau@yonkersny.gov

www.yonkersny.gov/youthbureau



MAYOR MIKE SPANO



The newly reinstated Yonkers Youth Bureau's mission is to serve Yonkers youth and their families through community development, advocacy, and prevention, strengthening the overall community. The Yonkers Youth Bureau will work to educate youth and their families with a focus on wellness, mental health awareness, career development, and other critical life skills to develop youth into productive members of the community.

Follow us today:



yonkersyouthbureau





SAVE THE DATE

SUNDAY, SEPTEMBER 17, 2023



cityofyonkers
mayormikespano

mayormikespano

cityofyonkers

cityofyonkers914



City of Yonkers
Department of Parks, Recreation & Conservation

285 Nepperhan Avenue Yonkers, New York 10701

www.yonkersny.gov

register.communitypass.net/yonkers